

Support Resources.

-If you want/need to talk to someone, call one of the following numbers:

1-800-799-7233 (National Domestic Violence Hotline- 24 hours, Free & Confidential)

This hotline caters to folks who have been called out, and the operators are trained to help you.

-When talking to a mutual friend, respect the boundaries/needs of the other(s) involved. Talk as much as you need to in order to process your reactions. Don't give details you've been asked to keep to yourself, and don't limit your discussions to your side of the story.

-Find a mediator that you can agree on. This will help a lot.

-If resources are available, consider individual or group therapy.

-Support yourself by reading up on others' experiences and how they dealt with similar situations.

If your area has local groups, therapists, or other resources you'd recommend, add them here:

This guide offers suggestions for what to do if you've been called out for having crossed someone's boundaries, disempowered them, or otherwise negatively affected them. This guide can also be helpful if someone you know has been called out, and how you can be a positive influence on their healing process.

If you've been called out, you're not a villain. You're not doomed. You're a person like everyone else, and how we address these situations (and ourselves), after being told of them, makes a hell of a difference. Dealing with these situations is possible. It is your responsibility. You can make a big difference by owning up to it and taking measures to address it.

This isn't going to go away overnight, and certainly not without your effort. Get support when you need it and do your best to promote healing.

Being called out is a chance to fight oppression on a very personal level. It is an opportunity to grow. Embrace that.

Good luck.

Thoughts, suggestions, contact:
make.louisville.awesome@gmail.com

What to do when you've been called out: A brief guide.

The main themes addressed in this guide are:

- Taking responsibility for your actions
- Learning methods of supporting others
- Finding support for yourself
- Promoting personal & community healing
- How to communicate on these issues
- Identifying & addressing behaviors

Take responsibility for your actions.

-If you are informed that you crossed a boundary, etc, acknowledge and validate that, because you are responsible for how your behavior affects others, negatively or positively.

-Address the other person/people's feelings; if you have trouble doing this, try the following statement: "I'm sorry that my actions ____ you" (hurt, offended, etc). Please don't say, "I'm sorry you feel that way," because it deflects blame back onto the other person.

-Acknowledge:

- that you have crossed someone's boundaries
- what you said
- what your body did
- what you didn't say or ask.

-If you get defensive or angry, seek a mediator/open ear to help you through those feelings. Feeling incapable of dealing with anger is a common and valid reaction, but it is not an "out."

-Use "I" statements to express anger, defensiveness, and/or frustration.

-Try to understand where the person calling you out is coming from rather than deflecting their emotions and reactions. "You're just over-reacting" isn't an appropriate response to being called out; it trivializes the situation.

-Be aware that your actions can affect others negatively, regardless of intentions.

-Know that you are not "kicked out" of your own life routine, but that you need to work on yourself.. There is support available to you.

-Even if:

- you don't recall the event
- you recall it differently
- you don't believe you "would" do/say such a thing

...recognize the possibility, and that what the other(s) experienced was valid.

-To jog your memory, it may be helpful to think about the circumstances surrounding the conflict/your actions, and how that might affect someone else.

-If you don't understand how what you did made someone feel uncomfortable, don't put them on trial or argue; developing compassionate communication skills is a useful practice.

-Work out a means of communication that works for all parties involved, if correspondence is okay with everyone.

-If you have established acceptable contact with the other(s), don't feel offended if they can't provide answers.

-Some questions to ask:

- What form(s) of contact are acceptable?
- Can we talk about this situation? If not now, when?
- How do you feel?
- How/when should I check in with you?
- Are there things I do that make you feel disempowered?
- How can I change that?
- What can I do to help you feel safe?

-Stay away from labeling coping mechanisms as "healthy" or "unhealthy," we've all got our own ways of dealing with stress.

-If you feel that someone's boundaries/needs in response to your actions seem "extreme," do your best to respect their boundaries & needs.

-If you take issue with a need/boundary, seek a mediator/liaison to try to work something out.

-Supporting those who feel/felt disempowered & taking steps to make them feel safe are key to healing & rebuilding trust.

-Just because you may feel overwhelmed or intimidated by their needs, that doesn't mean

you can't take steps towards healing on your own.

-Do what you can to make them feel safe & respected. Check-in, if possible.

-Acknowledge your actions/behaviors & how they affected other(s) to:

- those who are supporting you
- those you have been asked to discuss it with
- Doing so takes responsibility, opens yourself up for folks to support you, and breaks the silence around oppressive behavior.
- Remember that it takes courage to call someone out, but it also takes strength to acknowledge how your behavior affects others.
- Abuse/boundary issues are everywhere; you can be instrumental in changing that.

Recommended Reading.*

ZINES

Support/Apoyo (Spanish translation.)

See no, Hear no, Speak no

Learning Good Consent

Ask First!

What do we do when...

ARTICLES

Taking The First Step: Suggestions To People

Called Out For Abusive Behavior by wispy cockles. From "Deal With It" zine.

<http://fruitiondesign.com/dealwithit/02wispy.php>

*not a complete list! Please do yr own research.